

# *Brookfield Senior Center*

*".... a place where things are happening!!"*

## **September 2016**

Monday through Friday 8:00am – 4:00pm

100 Pocono Road, Brookfield CT 06804

Telephone: 203-775-5308

[http://www.brookfieldct.gov/Pages/BrookfieldCT\\_Senior/index](http://www.brookfieldct.gov/Pages/BrookfieldCT_Senior/index)

Director of Senior/Social Services: Ellen Melville - [emelville@brookfieldct.gov](mailto:emelville@brookfieldct.gov)

Senior/Social Services Program Coordinator: Amy Diezemann - [adiezemann@brookfieldct.gov](mailto:adiezemann@brookfieldct.gov)



### ***Fall Festival!***

***Friday, September 16 at 12:00noon***



**Reserve your seat for our Fall Festival.**

**Join us for a gala lunch and entertainment by  
the award winning *Air Borne!***

**Lunch will include your choice of either Chicken Marsala,  
Chicken Parmesan, or Baked Ziti with Salad, Roll, Dessert and Drinks.**

***Cost is \$15 per person.***

*Please sign up at the front desk by Tuesday, September 13.*

#### ***Wednesday Lunches***

**Wednesday, September 14 at noon** Regional Hospice is sponsoring a "make your own pizza event. You must sign up by Monday, September 12.

**Wednesday, September 21 at noon**, Tracy Brady from Visiting Angels will sponsor our second lunch of the month. Please sign up by Monday, September 19.



## ***Mark your Calendar - don't forget***

**Bingo – Monday, September 12 at 10:30am.** Join us for laughter, fun and games!

**Men's Breakfast – Join us Friday, September 2 at 9:30am** for our August Men's Breakfast. Please sign up so that we know how many to expect.

**Friends of Brookfield Senior Center will be meeting Tuesday, September 13 at 1:00pm.** We're moving back to our old time. Please join us this for this meeting as we discuss all things Senior Center and snacks!

**Farkle – Mondays at 1:00pm.** Join us for fun dice game and an afternoon of laughter.

**Let's Talk is Wednesday mornings at 11:00am.** Join this friendly group that discusses one topic each meeting. No political discussion is allowed.

**Ask an Attorney Round Table - Wednesday, September 21 at 9:30am.** Join lawyers from Kuss and Liguori for an informal round table discussion on topics of Elder Law. *Space is limited so please sign up early.*

**Housatonic Probate Judge Martin Landgrebe - Friday, September 23 at 9:30am.** This is your opportunity to meet with and ask questions of our local Probate Judge. He will answer your questions about wills, probate, conservatorship and more in confidential one-on-one sessions. *Please call to schedule an appointment.*

**Blood Pressure Screening (New Milford VNA) – Tuesday, September 27 at 11:30am.**

### ***Lunch and Learn:***

#### ***The Con Artist Playbook***

***Friday, September 9 at 12:00noon***

AARP Fraud Watch Network will join us for a look inside the mind of a criminal to understand the psychology behind ID Theft, Fraud & other Scams affecting your family and community. Please sign up for this interesting and informative Lunch and Learn.

### ***Cookies for Cops***

***Friday, September 30***

***Drop off 8:00am-12:00noon***



In Brookfield, we have a talented group of officers, dispatchers, administration and a police dog that protect and serve us daily. In light of negativity in the news, let's show Brookfield Police that we care and support them!

We are looking for volunteers to bake a batch of cookies for our men and women in blue. We will be packaging and delivering them on September 30. No nuts or peanut, cashew or almond butter please. Give them some sweets, before they hit the streets!

*Please sign up at the front desk.*

### ***Brookfield Trekkers***

***Tuesday, September 6 at 9:00am***

***Larkin State Park, Oxford***

*(Rain date is Tuesday, September 13)*



This trail is the former rail bed of the New York & New England Railroad dating back to 1880. We will be walking a section in Oxford near the Waterbury-Oxford Airport. This is a different section than what we walked previously.



***Thursday, September 22 at 9:00am***

***Averill Farm, Washington Depot***

*(Rain date is Thursday, September 29)*

It's apple picking time! Come join us for a walk through the Averill Farm orchards in Washington/New Preston. You can pick a few apples along the way, purchase items in their shop or just enjoy walking through the orchard.

*Please sign up at the front desk and pay \$3.00 fee 2 days in advance so we know how many to expect.*

### ***Are you from the Bronx?***

***Monday, September 19 at 11:00am***

We often hear "are you from the Bronx?" around Brookfield Senior Center. Join this group on Monday, September 19 at 11:00am. We will share memories and experiences and meet other "Bronx transplants." We may live in Connecticut now, but our hearts will always be in the Bronx!



## ***Improve Your Mind & Body***

**Zumba Gold is on Mondays at 9:30am.** This easy-to-follow program teaches everyone to perform the Zumba Gold dance moves. *Come and join the fun!*

**Yoga with Kris on Mondays and Wednesdays from 2:30pm – 3:45pm.** Join us for a gentle Vinyasa flow class. This is a playful yoga class that will focus on proper alignment, movement modifications (if needed) and your breathing.

**Strength/Balance with Claudia is on Mondays at 1:00pm.** Join Claudia for a workout that will leave you feeling stretched and stronger. Class is appropriate for all levels.

**NEW: Line Dancing with Jill on Tuesdays at 9:30.** Everyone will enjoy this fun and entertaining class! Beginners welcome.

**Chair Yoga is on Tuesdays at 1:00pm with Kris.** It's a great class for those who have hip or knee limitations. This class will give you all of the benefits of a traditional yoga class without getting on the floor!

**Tai Chi with Susan is on Wednesdays at 9:30am.** Tai Chi is one of the most effective exercises to improve balance and reduce your risk of falls. Also join us for **Advanced Tai Chi at 6:45pm on Thursdays.**

**Functional Strength and Balance with Cassie on Wednesdays at 1:00pm.** Join this great program and start moving again!

**Low Impact Aerobics is on Thursdays at 9:30am with Claudia.** Great for all levels.

**Walk & Talk is on Thursdays at 11:00am with Cassie.**

**Muscle Sculpt Chair Class with Miriam is on Fridays at 10:45am.** This class is designed for all able-bodied participants. Exercises will be done seated and/or standing.

**Zumba with Coleen is on Saturday mornings at 9:30am.** It's the perfect way to start your weekend!

*Please consult your personal physician before beginning any new exercise class.*

## ***Ongoing Classes/Activities:***

**Scrabble Play** is Wednesday at 1:30pm and Fridays at 11:00am.

**Wood Carving Group** meets Mondays at 1:00pm. Join this group and learn something new! Bring your friends.

**Quilting Group** meets Tuesday mornings at 10:00am.

**Wii Bowling** is Tuesdays from 9:30am to 12:00noon and Thursdays from 10:30am to 12:00noon.

**Knitting group** meets on Wednesdays at 10:00am. This fun group knits, laughs, and shares ideas.

**Painting and Drawing with Adele** meets Thursdays at 10:00am. Explore your talents and expand your skills with this group. Cost is \$3 if you pay by the month or \$5 for drop-in.

**Sharps & Flats band and singing group** meets Thursdays at 10:30am. Join this fun group of musicians and singers. **The 4-Strings Ukulele Group** meets Thursdays at 1:00pm.

**Brookfield CARES Hope and Support Group:** Brookfield CARES meets weekly at Brookfield Senior Center on Monday evenings at 7:00pm. This group is for all those with loved ones affected by substance abuse or other at-risk behaviors and is facilitated by an experienced drug and alcohol abuse counselor.

**Alzheimer's Support Group: Wednesday, September 14 from 6:30pm – 8:00pm and Wednesday, September 28 from 1:00pm – 2:30pm:** For caregivers, family members or friends of people affected by Alzheimer's disease or Dementia. This ongoing educational group meets in a safe and caring environment twice a month. Please join us as often as you like!

# Brookfield Senior Center



P.O. Box 5106  
100 Pocono Road  
Brookfield, CT 06804



*Check us out on Facebook*

**Senior Center Membership:** Those wishing to use Senior Center services must become members. Brookfield residents age 60 and over can join the Senior Center at no cost. Nonresidents age 60 and over will be charged a \$20 annual membership fee. Underage spouses may become members and may participate in activities with their spouses who are registered members.

Only participants with current memberships are allowed to attend Senior Center activities. All members must sign in at the front desk upon entering the Senior Center and before participating in any activities. This is a safety measure so staff is aware of who is in the building. This also allows us to track how many seniors we serve.

**Personal Conduct:** The Brookfield Senior Center is a facility where people age 60 and older meet to participate in social, educational and other activities in order to enhance and enrich their lives. It is therefore necessary to establish standards of behavior.

Everyone has the right to expect others to act respectfully towards them and each is responsible to act respectfully towards others. Courtesy will be shown to all persons at all times. Personal problems between individuals should not be addressed at the Center. Discrimination towards any person for any reason will not be tolerated.

Town of Brookfield employees are here to serve you. They should be treated with respect and courtesy.

If any senior does not adhere to this policy, the Director of the Senior Center will determine if any action is to be taken to prevent recurrence.

Everyone is responsible for maintaining the premises in a neat and orderly fashion and cleaning up after themselves. Please leave the room in the same manner that you found it.



## *Escape With Us!*

*Wednesday, September 28: We're heading to Broadway to see "Beautiful, The Carol King Musical."* Lunch will be at DaRosina's on Restaurant Row. Cost is \$185pp. *(Waiting List only).*

*Thomaston Opera – Dream Girls: Sunday, October 16.* Follow the music and lives of the music trio, The Dreamettes! Pre-lunch show will be at Black Rock Tavern in Thomaston, CT. Cost is \$81pp.

*Saturday Night Fever- The Musical at Westchester Broadway Theatre: Thursday, November 10.* Saturday Night Fever is a mega-musical based on the film that became a cultural phenomenon. Cost is \$98pp.

*Governor's Mansion & Wadsworth Atheneum: Sunday, December 4.* We will start at the Governor's Mansion to enjoy their festive holiday decorations. Lunch is at Carbone's Kitchen in Bloomfield, followed by a trip to Wadsworth Museum of Art and the Annual Festival of Trees. Cost is \$88pp.

*Note: it is the policy of Brookfield Senior Center to load buses in the order in which **final** payment is received.*

### *Annual Flu Shot Clinic*

*Sponsored by Western Connecticut Home Care, Inc.*

**Monday, September 26 1:00 – 3:00pm**

**OR**

**Monday, October 17 1:00pm – 3:00pm**

**(No appointments necessary)**

Flu vaccine will be billed to Medicare Part B or Anthem, Blue Cross, ConnectiCare, Health Net, Oxford, Aetna, CIGNA.

Proof of coverage must be presented. Bring your insurance card.

**Copays and deductibles may apply.**

**If you are not covered by one of these insurers, payments may be made by check, cash, MasterCard or VISA.**

### *Yoga with Kristine Alexander, R.N. CYT*

Yoga is the linking of mind, body and spirit and **anyone** can practice yoga. Some of the many benefits of yoga are: reduction of stress and anxiety, increased flexibility, increased muscle strength and tone, improved respiration, more energy and vitality, maintaining a balanced metabolism, cardio and circulatory health, and protection from injury.

Kris offers three classes per week here at Brookfield Senior Center:

**Monday and Wednesday at 2:30pm** traditional classes are offered. If you are able to safely lower yourself to the floor and return to standing without assistance, this class is for you.

**Chair yoga is offered on Tuesday at 1:00pm.** ANYONE will benefit from this class. Several students attend both traditional classes as well as chair classes. The majority of this class is done seated. Standing postures are also offered but not mandatory and holding onto a chair is encouraged for anyone with balance difficulties.

Kris's instruction is concise and easy to understand. She offers demonstration and modifications for different levels of strength and flexibility, encouraging students to "listen to their bodies"; to do what feels good and never push to the point of pain. Try something new this fall and give yoga a chance!



## ***Movie Matinees:***

**Friday, September 2 at 1:00pm:** *45 Years*. (Rated R). Geoff and Kate Mercer's plans for a 45th anniversary party are upset by some unexpected news: A body found in the Swiss Alps has been identified as Geoff's long-ago love Katya, who perished in an accident 50 years earlier.

**Wednesday, September 7 at 1:00pm:** *Eye in the Sky*. (Rated R). Leading an operation to nab a terrorist and her collaborators in Kenya, Col. Katherine Powell ends up in a political and moral quagmire as the mission changes and a drone strike is ordered, putting a young girl at risk of becoming collateral damage. (Cast: Helen Mirren, Aaron Paul, Alan Rickman, and more.)

**Wednesday, September 14 at 1:00pm:** *My Big Fat Greek Wedding "2"*. In this screwball sequel to the 2002 hit romantic comedy, there's a new wedding on the horizon for the wacky Portokalos clan -- and with it comes a new assortment of family crises and secrets. (Cast: Nia Vardalos, John Corbett, Lainie Kazan, more...).

**Wednesday, September 21 at 1:00pm:** *Batman v Superman: Dawn of Justice*. Super-egos battle in superhero fashion while a new threat emerges in this sequel to "Man of Steel." With Batman decamping Gotham City for Metropolis to take on a Superman who's become too powerful, trouble brews for the rest of humanity. (Cast: Ben Affleck, Henry Cavill, Amy Adams, more..).

**Wednesday, September 28 at 1:00pm:** *Miracles from Heaven*. Based on real-life events, this intriguing drama recounts the story of young Annabel Beam, who suffers from an incurable digestive disorder. But when a string of miracles leads to her complete recovery, Annabel's family and doctors are mystified. (Cast: Jennifer Garner, Kylie Rogers, Martin Henderson, more..)

**Friday, September 30 at 1:00pm:** *Hello, My Name Is Doris*. (Rated R) Inspired by insights gained through a self-help seminar, 60-year-old Doris Miller brazenly steps forward to pursue the affections of a much younger co-worker -- and inadvertently becomes a hit with his hipster cohorts. (Cast: Sally Field, Max Greenfield, Beth Behrs, and more... )

## ***Seeking Scrabble Players!***

We have some Scrabble lovers who would love for you to join them on Friday mornings at 11:00am and, beginning in September, Wednesday afternoons at 1:30pm.



## ***Lifeline and GoSafe Mobile Program Tuesday, September 20 at 10:45am***

Patty Garland with New Milford VNA will be with us to discuss the newest Lifeline program "GoSafe Mobile". Learn more about being safe both inside and outside your home! Please sign up.

## ***Line Dancing with Jill Tuesdays at 9:30am You asked for it, You've Got It!***



Beginning in September, Jill Weiss will be at Brookfield Senior Center every Tuesday morning at 9:30am to teach LINE DANCING! Jill's classes are fun and fabulous and are meant for all levels. Join your friends and dance!

## ***Friends of Brookfield Senior Center Tuesday, September 13 at 1:00pm Note day and time change!***



Everyone who is a member of our Center is a member of the Friends of Brookfield Senior Center. This group helps plan for future events, advises and assists the Director, plans our fundraising events, socializes and celebrates every month with festive snacks. Plan on joining us as we begin another program year -- make your voice heard and make some new friends!



***September is National Senior Center Month***  
***This year's national celebration theme is:***  
***Find Balance at Your Center!***

Brookfield Senior Center encourages Brookfield seniors to connect with the whole-person wellness programming that senior centers strive to provide. Join us and find more balance in your life through:

**Purpose:** Volunteer at the Senior Center or at Brookfield Food Pantry.

**Fitness:** Join one of our many excellent exercise classes. This September we are beginning a new LINE DANCING class on Tuesday mornings at 9:30am.

**Friendship:** The coffee is always on and our Library is always open for a place to meet friends and chat and socialize. Join us for lunch Monday, Tuesday or Thursday or come to one of our fabulous parties! This month we are celebrating fall on Friday, September 16.

**Learning:** Learn to sing with Sharps and Flats on Thursdays or join us for one of our informative Lunch and Learns. This month AARP Fraud Watch division will be speaking about Identity Theft on Friday, September 9.

***Holiday Boutique Planning Committee***  
***Tuesday, September 13 at 2:00pm***

Our committee of elves is busy planning for this year's Holiday Boutique. Everyone who is interested in participating is invited to attend. Come with your creative ideas and thoughts to help us plan for another fabulous fundraising event!



***Are You Saving the Most Money on Your Prescription Drugs?***  
***Tuesday, October 6 at 10:45am***



Join Peter Cronin to find more about Medicare Part D - Open Enrollment period and how you can determine whether you still have the best plan *for you*.

***Fabulous Friday Bingo & Hot Dog Lunch***  
***Friday, September 23 at 12:00noon***



Join us for an exciting afternoon of Bingo and Hot Dogs. Lunch starts at 12:00 pm followed immediately by Bingo.

Cost is \$5.00 per person.

*Sign up required by September 21.*

What a fun way to begin your weekend!

***AARP Safe Driving***  
***Friday, October 14 from 9:00am – 1:00pm***

The AARP Driver Safety Class provides a refresher of driving rules and teaches valuable defensive driving skills, safety strategies, and tips for adapting your driving to compensate for physical and cognitive changes that come with aging. By law, Connecticut residents age 60 and older who complete this class qualify for a minimum of 5 percent automobile liability insurance discount. *Cost is \$15/AARP members and \$20/nonmembers.*

Jeanette Holliday, Municipal Agent and Social Services Coordinator

**Phone (203) 775-7312 FAX (203) 775-5243**

Located in the Brookfield Senior Center – 100 Pocono Road

### **Goodbye Work – Hello Retirement**

As many of you know, I retired at the end of August after 11 years as the Social Services Coordinator, and it is with some sadness and a bit of excitement that I move on to another life experience.

I am thankful for all the volunteers who have made our programs successful. They have donated many hours in the Food Pantry, Holiday and Back-to-School Programs to help our neighbors, and these efforts have made my job much easier. I am grateful for the Senior Center receptionists who help in so many ways and of course, for our Medicare Part D expert, Peter Cronin. He has helped us all navigate the yearly Medicare switch period with ease.

But this is both a goodbye and a hello letter in that I want to introduce Lorraine Kelley as the new Social Services Coordinator, who some of you may know because she was with Brookfield Social Services before she took a similar position in New Milford. You will be in good hands.

I will always remain grateful to have had the opportunity to work with you and my colleagues, and I know that the Town of Brookfield's commitment to its seniors and others remains strong. I leave this position in the firm belief that your concerns and needs will be thoroughly addressed under Ellen, Lorraine and Amy's care. Most of all, I wish you all good health and happiness.

Sincerely,

*Jeanette*

### **Our Mission & Program Summary**

The Brookfield Social Services Department provides assistance to individuals and families of all ages who live in Brookfield. The department offers services and referrals as well as assistance in applying for local, state and federal social services programs. Our mission is to help residents meet basic human needs while providing support and services to maximize independence.

#### **FISH**

Transportation for medical appointments between 9:00am – 2:00pm; Monday – Friday.

Ambulatory disabled and/or seniors in Brookfield may call **(203) 616-9678** to submit their request at least **3** days but no more than **7** days before the appointment.

#### ***SweetHART Telephone Numbers:***

Reservations: (203) 748-2511

Will call/pickups, cancellations and confirmations: (203) 830-4399

Comments/questions: (203) 744-4070







SENIOR ACTIVITIES ~ SEPTEMBER 2016

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD  
(203) 775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>*Sign Up Required</p> <p>\$ Fee Required</p>	<p><i>Lunch is served Monday, Tuesday and Thursday 12:00 Noon</i></p> <p><i>Please call the kitchen phone TWO days in advance to make a reservation: 203-775-5237</i></p>		<p>1</p> <p>9:30 LI Aerobics \$ 10:00 Paint &amp; Draw\$ 10:30 Sharps &amp; Flats 10:30 Wii Bowling 11:00 Walk &amp; Talk* 12:00 Lunch Program* 1:00 Four Strings 1:00 Bridge &amp; Poker 1:00 Mahjongg</p> <p>6:45 Advanced Tai Chi\$</p>	<p>2</p> <p>9:30 Mahjongg 9:30 Men's Breakfast*\$ 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 1:00 Movie Matinee: 45 Years</p>	<p>3/4</p> <p>9:30 Saturday Zumba\$</p>
<p>5</p> <p><b>CLOSED FOR LABOR DAY</b></p> 	<p>6</p> <p>9:00 Brookfield Trekks*\$ 9:00 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 10:00 Quilting 12:00 Lunch Program* 1:00 Bridge, Pinochle &amp; Mahjongg 1:00 Chair Yoga\$</p>	<p>7</p> <p>9:30 Tai Chi \$ 10:00 Knitting 11:00 Let's Talk 1:00 Functional Strength &amp; Balance\$ 1:00 Movie Matinee: <i>Eye in the Sky</i> 1:30 Scrabble 2:30 Yoga \$</p>	<p>8</p> <p>9:30 LI Aerobics \$ 10:00 Paint &amp; Draw\$ 10:30 Sharps &amp; Flats 10:30 Wii Bowling 11:00 Walk &amp; Talk* 12:00 Lunch Program* 1:00 Four Strings 1:00 Bridge &amp; Poker 1:00 Mahjongg</p> <p>6:45 Advanced Tai Chi\$</p>	<p>9</p> <p>9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 12:00 Lunch &amp; Learn: AARP Fraud Watch ~ Con Artist Playbook</p>	<p>10/11</p> <p>9:30 Saturday Zumba\$</p>
<p>12</p> <p>9:30 Zumba Gold\$ 9:30 Canasta 10:30 Bingo 12:00 Lunch Program* 12:30 Mahjongg 1:00 Farkle &amp; Games 1:00 Strength/Balance\$ 1:00 Wood Carving 2:30 Yoga\$</p> <p>7:00 Brookfield CARES</p>	<p>13</p> <p>9:00 Brookfield Trekks*\$(raindate) 9:00 Mahjongg 9:30 Line Dancing \$ 9:30 Wii Bowling 10:00 Quilting 12:00 Lunch Program* 1:00 FOBSC Meeting 1:00 Bridge, Pinochle &amp; Mahjongg 1:00 Chair Yoga\$ 2:00 Holiday Boutique Planning</p>	<p>14</p> <p>9:30 Tai Chi \$ 10:00 Knitting 11:00 Let's Talk 12:00 Make Your Own Pizza* w/Regional Hospice 1:00 Functional Strength &amp; Balance\$ 1:00 Movie Matinee: <i>My Big Fat Greek Wedding 2</i> 1:30 Scrabble 2:30 Yoga\$</p> <p>6:30 Alzheimer's Support 7:00 Stamp Club</p>	<p>15</p> <p>9:30 LI Aerobics\$ 10:00 Paint &amp; Draw\$ 10:30 Sharps &amp; Flats 10:30 Wii Bowling 11:00 Walk &amp; Talk* 12:00 Lunch Program* 1:00 Four Strings 1:00 Bridge &amp; Poker 1:00 Mahjongg</p> <p>6:45 Advanced Tai Chi\$</p>	<p>16</p> <p>9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 12:00 Fall Festival w/ <i>Air Borne*\$</i></p> 	<p>17/18</p> <p>9:30 Saturday Zumba\$</p>
<p>19</p> <p>9:30 Zumba Gold \$ 9:30 Canasta 11:00 Are you from the Bronx?*&lt;div data-bbox="231 614 368 717" data-label="Text"&gt;<p>9:00 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling <i>cancelled</i> 10:00 Quilting 10:45 Lifeline &amp; GoSafe Mobile w/NMVNA* 12:00 Lunch Program* 1:00 Bridge, Pinochle &amp; Mahjongg 1:00 Chair Yoga\$</p></p>					